

WWW.MYMEDICARE.GOV

Manage your personal Medicare records from the convenience of your own home.

Do all this. Online. Anytime.

- ✓ Track the preventive services for which you are eligible.
- ✓ View your healthcare claims status.
- ✓ Check your Part B deductible status.
- ✓ Order a duplicate Medicare Summary Notice or replacement Medicare card.
- ✓ View your prescription drug plan, as well as secondary health insurance enrollment.
- ✓ Change your address of residence.



Ready to Get Started?*

1. Go to www.MyMedicare.gov.
2. Click on “Need to Register.”
3. Enter and submit your information.
4. You will receive your password by mail in about 14 days.
5. Use your password to access your account at www.MyMedicare.gov.

* Representatives are available to assist you in the *Live ‘Help’ Chat!* feature of the site.

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Medicare's Preventive Services



Understanding Your Benefits

***“Early Detection is
the Best Cure.”***

Why is Prevention Important?

The best way to stay healthy is to live a healthy lifestyle. You can do this by exercising, eating well, keeping a healthy weight, and not smoking.

Another important way to stay healthy is to get disease prevention and early detection services. These services can identify health problems early when treatment works best, or can prevent certain diseases or illnesses, thereby promoting longer, healthier lives.

Despite the fact that Medicare has offered preventive services for years, many people do not take full advantage of their benefits:

- *While all people with Medicare are eligible for a flu shot, only 73% received one during the 2003-04 flu season.*
- *Even though Medicare pays for annual mammograms, only 50% of eligible women had one in 2003.*

Talk to your doctor or healthcare provider to see what preventive services are available to you. Medicare coverage of these services is based on age, sex, and medical history.

What Services Are Covered?

The following chart outlines several of the preventive benefits offered by Medicare. For most of the preventive services, people in Original Medicare generally pay 20% of the Medicare-approved amount after the yearly Part B deductible. If you have a Medicare supplement policy, it may pay that 20%. Medicare Advantage plans also offer preventive services (contact your plan for details). For more information, contact **1-800-MEDICARE**, or the Nebraska SHIP at **1-800-234-7119**.

COVERED SERVICES	ELIGIBLE BENEFICIARIES
Bone Mass Measurements	People at risk; once every 24 months (more if necessary)
Cardiovascular Screenings*	All people with Medicare; every 5 years
Colorectal Cancer Screening*	Generally, all people age 50 or older, or people at high risk for colorectal cancer; tests and frequency vary based on level of risk
Diabetes Screenings*	People with certain risk factors or diagnosed with pre-diabetes; up to 2 screenings per year
Flu Shots	All people; once each flu season
Glaucoma Tests	People at risk; once every 12 months
Hepatitis B Shots	People at high or medium risk
Pap Test and Pelvic Exams* (includes breast exam)	All women, every 24 months; women at high risk, every 12 months
Pneumonia Vaccination	All people; generally only needed once in a lifetime
Prostate Cancer Screening*	Men over age 50; once every 12 months
Smoking/Tobacco Cessation Counseling	Up to 8 visits in a 12-month period if you have a smoking-related illness
Screening Mammograms*	All women age 40 or older, once every 12 months; one baseline test, age 35-39
“Welcome to Medicare” Physical Exam	All new enrollees in Medicare Part B; exam must be completed within the first 6 months of Part B coverage
Ultrasound Screening for Abdominal Aortic Aneurysms	All people; based on a referral from the “Welcome to Medicare” physical exam

**Part B deductible does not apply.*